



## WHAT'S HAPPENING AT ELKRIDGE SENIOR CENTER IN November/December 2014

Special Events.....	2
On-Going Events.....	3
Lunch Menu .....	4

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# ELKRIDGE SENIOR CENTER

6540 Washington Boulevard  
ElkrIDGE, MD 21075

Join Us  
Monday through Friday  
8:30 am to 4:30 pm

November/December 2014

### DIRECTOR'S GREETING

The Holidays are a great time to reflect on the year and be grateful for the many blessings in our life. A grateful heart is a happy heart.

Being grateful can actually ward off depression and make you feel better inside.

I'm grateful for the many wonderful Individuals who have visited ElkrIDGE over the year. Our Senior Center would not be what it is today without all of you!

Becky and I wish you a joyous Holiday season.



### *Closing and late openings:*

November 20th: Closed for staff meeting  
November 27 & 28: Closed for Thanksgiving  
December 25—January 2:

All senior centers closed for Winter Break

November is National Family Caregivers Month.

If you or someone you know is caring for an older adult, please join us at the 3rd Annual Caregiver Conference, on Saturday, November 22nd, at North Laurel Community Center.

Details are on page 5 of newsletter.

## **SPECIAL EVENTS & NEW PROGRAMS**

### **Thanksgiving Celebration**

**November 5, 2014**

**10:00-2:00**

**\$5.00/person**

**We celebrate our Older Americans today with music, food, an informative speaker, and prizes.**

### **GIFT EXCHANGE BINGO**

**December 8, 2014**

**10:30-11:45**

**Free with gift**

**Bring in a gift Unisex gift valued between \$5.00-\$10.00.**



### **ART MADE EASY**

**November 7, 2014**

**10:30-12:00**

**FREE**

**YOU can learn how to draw!  
Our professional art instructor will show how easy it can be to create a masterpiece.**



### **HOLIDAY COOKIE SWAP**

**December 15, 2014**

**Bake a batch of your favorite cookies & bring them in to share. Everyone leaves with a bag of Holiday cookies.**

### **HOLIDAY PARTY**

**December 17, 2014**

**\$20.00**

**Wonderful food, music, and games!**



### **NATIONAL MEMORY SCREENING DAY**

**November 18, 2014**

**10:30-12:00**

**FREE**

**Test your memory today and learn ways to keep your memory sharp as you age.**

### **MARYLAND INSURANCE ADMINISTRATION**

**December 2, 2014**

**FREE**

**You could be paying too much for car or house insurance, really!  
The experts will give us advice on insurance scams and ways to save Money. You don't want to miss this.**

### **ROCKY GAP CASINO**

**November 21, 2014**

**8:00-6:00**

**\$40.00**

**We travel to lovely Western Maryland to the new Rocky Gap Casino Resort. Enjoy \$30.00 of free slot play and then spin the wheel for a chance to win \$5.00-\$500.00.**

**Bring your lunch or buy lunch from inside the casino.**

**Tickets are limited, reserve now!**

## ONGOING PROGRAMS

### MONDAYS

9:00am—10:00am: Walking Club (meet in parking lot)  
 10:30am-2:00pm: Bridge/Card Group  
 11:00am—2:00pm: Bingo (Nov. 10 & 24, Dec. 8)  
*(reserve one week in advance for Bingo lunch)*

### TUESDAYS

9:00am—10:00am: Age Well Exercise  
 11:00am—Noon: Brain Fitness (Nov. 4 & 25, Dec. 16)  
 10:30am—11:30am: Chair Yoga  
 12 Noon— *Lunch (reserve one week in advance)*  
 12:15pm—1:30pm: History of the Bible  
 12:30pm—1:30pm: Book Club (Nov. 11 & Dec. 9)  
 1:00pm-3:00pm: FREE BP Screenings

### WEDNESDAYS

9:00am—10:00am: Walking Club (meet in front parking lot)  
 9:00am—12 Noon: Pancake Breakfast (Nov. 19)  
 10:00am—12:30pm: Wii Fitness/Bowling & Potluck Lunch (Nov. 12 & Dec. 10)  
 2:00pm—3:30pm: Line Dance

*After 11am FREE bread and pastries are available.*

### THURSDAYS

9:00am—10:00am: Age Well Exercise  
 10:00am—3:00pm: Open card games  
 10:00am—12:00 pm: Nutrition Education & Counseling (Nov. 13 & Dec. 18)  
 10:00am—12 Noon: Coffee chat  
 12 Noon— *Lunch (reserve one week in advance)*  
 1:00pm—3:30pm: Easy Jewelry Class (Nov. 6 & Dec. 4)

### FRIDAYS

9:00am—10:00am: Walking Club (meet in parking lot)  
 10:30am—11:30pm: Chair Yoga  
 10:00am—12:30pm: Legal Aide (second and fourth Fridays)  
 12 Noon— *Lunch (reserve one week in advance)*  
*(Nov. 14 & Dec. 12, "Let's Dish" Class)*  
 1:00pm—4:00pm: Bridge Club (new members welcome)

## *Join us for lunch!*

Elkridge Senior Center offers meals to anyone 60 years and older, as well as their spouses, regardless of age. Voluntary, anonymous contributions are requested from eligible program participants for meals. Reservations must be made a week in advance. People who do not make reservations are not guaranteed a meal. Participant contributions are used to offset the meal cost, increase the number of meals served, and to provide supportive services directly related to the nutrition program, such as nutrition screenings and education. The cost of the **regular meal is \$4.01 and \$5.27 for special meals**. Participants are requested to contribute as generously as they can to ensure the viability of this important program.



## **Lunches for November 2014:**

**November 4, Tuesday:** Cranberry Salsa, Turkey/Gravy, Mashed Potatoes, Winter Blend, White Bread, Apricots, and Milk.

**November 6, Thursday:** Tomato Soup, Seafood Salad, Gingered Cucumber, Wheat Bread, Sliced Pears, and Milk.

**November 10, Monday:** Cole Slaw, Italian Meatballs, Spinach, Mini Sub Roll, Mixed Fruit Cup, and Milk.

**November 12, Wednesday:** Pot-Luck, Bring a dish to share.

**November 13, Thursday:** Tossed Salad, Meatloaf, Mashed Potatoes, Carrots, Wheat Bread, Apple Sauce, and Milk.

**November 14, Friday:** Let's Dish, Chicken Cutlet in a Lemon sauce with capers and salad.

**November 18, Tuesday:** Apple Juice, Pizza Burger, Mixed Vegetables, Wheat Bun, Pineapple Chunks, and Milk.

**November 19, Wednesday:** Pancakes, Sausages, Scrambled Eggs, Fruits, Juice, and Milk.

**November 24, Monday:** Broccoli Salad, Chili Con Carne, Green Beans, Wheat Bread, Pineapple Chunks, and Milk.

**November 25, Tuesday:** Tossed Salad, Chicken Parmesan, Penne Pasta, Spinach, Italian Bread, Applesauce, and Milk.

***Happiness = Health + Freedom***

***Knowledge is the key to good health, not willpower.***

A PRESENTATION OF THE  
HOWARD COUNTY DEPARTMENT  
OF CITIZEN SERVICES  
OFFICE ON AGING



# THE CAREGIVING JOURNEY

*Making Your Way*

## SAVE THE DATE!

Don't Miss the 3rd Annual Caregiver Conference

**Saturday, November 22, 2014**

**8:00 AM - 3:00 PM**

**North Laurel Community Center**

**9411 Whiskey Bottom Road, Laurel, MD 20723**

Continental breakfast & lunch provided. On-site respite provided.

**Reservation deadline for lunch and  
respite is Wednesday, November 12.**

FOR ADDITIONAL INFORMATION:

Contact Maryland Access Point (MAP)  
at 410-313-5980 (VOICE/RELAY) or email  
[map@howardcountymd.gov](mailto:map@howardcountymd.gov)

If you need this document in an alternative format or need  
accommodations to attend this event, please call 410-313-5980.

 Department of  
**CITIZEN SERVICES**  
Aging • Children's Services • Consumer Affairs  
[www.howardcountyaging.org/map](http://www.howardcountyaging.org/map)

